

# MPY TRI-LINE NEWS

Volume 28, Issue 2

Marion, Polk, Yamhill

Winter 2021



## Merry Christmas and Happy New Year.

We are finally able to print and mail our MPY Tri-Line News. We did send out the last Oregon FCE News through the mail. I know that many of you like the hard copy, I do too. It is nice for me to be able to hold it in my hands and come back to read it when I have questions about what is going on in FCE, when we are meeting and what other groups are doing. I hope that many of you were able to view some of the lessons on ZOOM. Scott Teeples has done a great job at connecting us with teachers to present lessons. You can go to [Oregon-fce.org](http://Oregon-fce.org) and see a list of all the lessons that we have had. You can download them for yourself, your study group or to share with family and other friends.

There are changes in FCE as we have lost a lot of our Study Groups. In District III we have 3 Study Groups in Yamhill County, no active groups in Polk County and Marion County has 2 members-at-large. Lane County has 1 Study Group and Linn County has 1 member-at-large.

There has been a change in the way the Oregon FCE State Conference will be held. Now the FCE State Board will be in control of the meetings and volunteers for different duties are being asked to step forward and help, making all Districts participate instead of all the burden being put on one district. We are down to three active districts.

Our 2022 State Conference will be held in Springfield, Oregon again. The hotel was very accommodating. All of the staff were nice to work with. One of the gals we worked with (Deb) was there for our breakfast and served our meals in the evening and snacks throughout the day. She put in some long hours and was always pleasing to work with.

We were way down in numbers this year at conference. I believe we had 25 members registered and 3 guest. The rooms we used were all easy to get to and much easier to hear what was being said as they were smaller. It was an easy walk from our rooms to the front desk and a short walk from there to all of the meeting rooms and sales room. We had fun craft classes offered, one Sunday evening and one Monday afternoon. We had game nights every night. I hope that more people will attend the craft classes and game nights in 2022. It is a lot of fun being with other members and getting to know them better.

We had 10 people visit the pumpkin patch for a hay ride and the chance to throw small pumpkins at scarecrows and other objects along the way. We stopped and did some slingshot shooting at scarecrows too. We had a lot of laughs as we learned we were not very good shots. I hope that many of you will join in the fun and learning at our 2022 State Conference in Springfield, OR. Our state conference is always during the first full week in October, so mark your calendar now and be ready to join in the learning and fun and meeting members from across the state. This year one of our teachers drove from Texas to present a lesson and bring home made chocolate cowboy hats. They were a treat.

In Yamhill County we will be presenting our 2022 lessons to the leaders of each Study Group on the 4<sup>th</sup> Wednesday at the Extension Office in McMinnville, 9:30 to 11:00. These lessons will also be open for those that are not in study groups, just notify the leader/teacher so they are prepared. Here is the list of when the lessons are taught and you give them the following month to your groups:

1. Taught January 26, "Destination Oregon" taught by Sally Wyffels and Lynda Nyseth
2. February 23, "Time Management". This will be a packet lesson for your leader to pick up.
3. March 23, "Searching for Chocolate" taught by Linda Bird and Sharyl Michael.

4. April 27, “Cons, Scams and Frauds” taught by Sally.
5. September 28, “Fight for Safe Food in America” taught by Anne Engen and Sally.
6. October 26, “History of Dolls”. This will be a packet lesson.

On the packet lessons please let me know how many you need for your study group so I can contact the Extension Office so they will have them ready for you.

At our Spring Festival, March 16<sup>th</sup>, at the Amity Fire Station we will be visiting “Malaysia” with Scott Teeples. Registration forms will be in our February MPY Newsletter. We are having to print and mail the MPY and the Oregon FCE News on the same day so members be looking for two newsletters.

Let me know if you know of someone who would like to receive this newsletter or someone who received it and is deceased or no longer wants to receive the newsletter so I can make changes. Send the changes to **Lynda Nyseth, 21461 S. Hwy 99W, Amity, OR 97101-2239**

Sincerely, **Lynda Nyseth**, editor

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**From the Desk of the District III  
Director Anne Engen  
Polk-Yamhill, Marion, Linn and Lane  
Counties**

**“Cheers For FCE”**

We thought we were hosting our state conference, but it really felt like a big happy family reunion with catered meals, snacks and classes!

Okay, the only violence happened on a tour where members beamed poor defenseless scarecrows.

The conference evaluations were stunning, so many checked excellent for the events.

All District III's planning meetings, emails, phone calls, and changes due to COVID protocol were worth it. Thank you to everyone who helped make this conference a success. We tried new ideas and inserted humor because we knew we needed to laugh.

Thank you to Scott and Bonnie who worked with Jacob at the hotel to cut down our budget and sign a new contract. We exceeded our hotel rooms contract but fell short on using all our \$3,000 food budget. (Food and Beverage budget includes 20% Service Charge). So, our state treasurer, Bonnie, ordered three snacks for us to use up our food budget, biscotti with milk or chocolate milk, make your own root beer floats, a platter of colorful arrayed slices of melons. What you didn't eat you could take to your room.

People enjoyed two Heritage classes, paper cutting and German Christmas Stars, and making a “pumpkin” out of old canning jar rings, adding a stem and fall leaves.

Five classes were taught – ranging from Chocolate to Rabies. I chose the ACWW Rabies class taught by Martha Crawford from Texas. Did you know Rabies is a virus, affects only mammals, travels through muscles to the brain within the nerves which may take weeks to months to show its effects. About 55,000 Americans do get exposed each year. Rabid bats cause 70% of the U.S. Deaths from rabies.

My second class was teaching my class on “The Fight for Safe Food in America”. Sally Wyffels and I had the class make a recipe of how to make money by taking whole milk, sell the cream, then add warm water, molasses, Plaster of Paris. Top with pureed calf brains. (We just used tinted whip cream). Mothers got scammed in the late 1800s and early 1900s, and their children died from this alliterated germ-feasted milk.

Its quite a story of one man's fight for the Pure Food Act and how women marched and protested to help his cause. Made the teachers chuckle to watch the class griminess at what was added to food, beverage and spices to cheat people during this time.

Our Tuesday night speaker kept us spell-bound with her volunteer job:  
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\*Work under the US Secretary of State, European Union and NATO.

\*Your partner is usually a man.

\*You are in Eastern Europe, its fall and you work in unheated buildings.

\*There may be land mines so you must stay on sidewalks.

\*You must wear a marked armband to identify who you are.

Jill Van Buren is an International Elections Observer watching for cheating' people restricted from voting, and intimidation by mafia thugs.

Jill has been an Elections Administrator for Linn and Benton counties and helped in getting us Vote by Mail in Oregon.

Breakfast was a highlight at this conference. Free, made to order breakfast plus choice of fruits, oatmeal, juices, hot drinks. Their omelets were divine.

Now we look forward to seeing you next October in Springfield, OR

**Anne Engen, District III Director**



The hay ride/scarecrow destroyers: Karlene Christiansen, Sharyl Michael, Ann Conklin, Linda Romey, Elsie Gabrisch, Jan Blankenship, Pat Putman, Frank Huisman and Sharon Herron. Back row our driver, Walt Johnson and Lynda Nyseth



Pumpkin creations, Linda Romey, Sharon Herron, Sharyl Michael, Anne Engen, Lynda Nyseth and Renè Metteer.



If you have an article, book or movie review for the MPY Tri-Line News send it to Lynda Nyseth, Editor MPY Tri-Line News, 21461 South Hwy 99W, Amity, OR 97101-2239. Our next deadline is February 4, 2022. If you want to send a donation **make check payable to MPY Tri-Line News** and send them to me. If you have a recipe send it to Debbie Puckett, 23130 Zieber Lane NW, Salem, OR 97304. Thank you.

Thank you to those that made donations to the MPY even when they were on line. I'm sorry if I missed getting your name in the newsletter. We would not be able to print and mail the newsletter without your support. Glad to be mailing it out again. Lynda

### ***Volunteer Newsletter Staff***

**MPY Tri-Line News** is published quarterly and is supported by voluntary donations. Anyone may receive the newsletter. Send news articles, donations or inquiries to: **MPY Tri-Line News, Lynda Nyseth, 21461 S. Hwy 99W, Amity, OR 97101-2239**

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## **Portland, OR**

**July 14 – 17, 2022**

Conference will be held at the Monarch Hotel and Convention Center, 12566 SE 93 Ave., Clackamas, OR 97015. Ph # 800-492-8700,

Website: [monarchhotel.cc](http://monarchhotel.cc)

More information can be found on the National FCE website: [www.nafce.org](http://www.nafce.org)

Remember there are scholarships available and that information can be found on the National FCE website and [Oregon-fce.org](http://Oregon-fce.org)

Hope you will plan to attend the National Conference while it is so close to home.

## **50-Year Members**

If you have a member that is celebrating 50 years of FCE be sure they fill out the 50 Year Member form. We want them to receive their certificate and pin. The form can be found in the Oregon FCE Handbook on page 65, or on our website. Return the form to Scott Teeples, our State President, 4338 Arthur Street, Klamath Falls, OR 97603



**Linda Schollian** with her 50-year membership certificate. Linda was unable to attend the 2021 State Conference so Anne Engen drove to Salem, they met outside Hobby Lobby, took photos, toured the store, chatted. Linda was pleased to receive her 50-year membership certificate and pin and Marion County's packet of lessons.

## **STONE**

Two friends were walking through the desert. During some point of the journey, they had an argument and one friend slapped the other one in the face.

The one who got slapped was hurt, but without saying anything, wrote in the sand: 'Today my best friend slapped me in the face'.

They kept on walking, until they found an oasis, where they decided to take a bath. The one who had been slapped got stuck in the mire and started drowning, but the friend saved him.

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After he recovered from the near drowning, he wrote on a stone: 'Today my best friend saved my life'.

The friend who had slapped and saved his best friend asked him, "after I hurt you, you wrote in the sand and now, you write on a stone, why?"

The friend replied "When someone hurts us we should write it down in sand, where winds of forgiveness can erase it away. But, when someone does something good for us, we must engrave it in stone where no wind can ever erase it".

Learn to write your hurts in the sand and to carve your benefits in stone. They say it takes a minute to find a special person, an hour to appreciate them, a day to love them, but then an entire life to forget them.

Tell someone that you appreciate them. Do not value the things you have in your life, but value WHO you have known in your life!

Submitted by Donna Michaelson, Polk County

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### *Comments from first timers at 2021 Oregon FCE State Conference*

*After 50 plus years belonging to Extension and now known as FCE I was able to attend my first Fall State Conference.*

*I thoroughly enjoyed meeting many new faces and enjoyed the education and craft classes and would highly recommend this conference.*

*Since it was Fall I went on the pumpkin patch tour that was offered. loads of fun trying to bop pumpkins, skeletons and scarecrows with mini pumpkins, only hit a couple, I need to practice my aim.*

*Took a very informative class on scams, shams and frauds, very interesting and learned alot.*

*Wonderful food and very nice accommodation at the hotel.*

*Definitely plan on being there next year and hope to see more new faces.*

*Sharon Herron, Creative Homemakers, Yamhill County*

*I was very excited to be able to attend my first FCE State Conference. I have always heard stories about how much fun the Conference was and was looking forward to learning something new and making new friends. I was surprised to see one of my High School classmates, Sharon Herron, attending also. It was so good to get to reacquainted with her after all these years. It was so nice to make so many new friends from all over the State.*

*I attended a session about Searching for Chocolate that was taught by Karlene Christensen from Klamath Falls and Martha Crawford from Texas. It was fun learning about Chocolate and loved having the little Chocolate cowboy hat to take home. It didn't last long when my family found out I had chocolate to share. I learned that the first chocolate bar was produced in 1847. I did not know that Cocoa Beans are a fruit, but I guess that doesn't mean that chocolate is low calorie. Also I learned that the first chocolate product was hot chocolate and M & M's were invented during World War II. It was a fun class.*

*Another session was the history of dolls. They lined up dolls from different era's and talked about the history of several dolls.*

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*Janice Gregg led a Paper Cut Work session that taught us how to cut out designs with just paper and a scissors. I made a teddy bear inside a heart and then put it on a piece of colored card*

*stock. It was a fun and informative workshop. Paper art has been practiced around the world since paper was discovered in 104 A.D.*

*I attended the German Star folding class put on by Annette Zacher and Janice Gregg. I wasn't very successful making the star, but really enjoyed trying to learn a new skill. She passed out instructions and I plan to keep practicing until I can make a neat star with eight flat points and 8 3D points.*

*We stayed up each evening playing games. It was fun learning new games and playing old favorites. I loved learning 'Qwixx' and have used up a whole pack of score papers playing with family. Thank you to Lynda Nyseth for all that she does to make the Conference fun for everyone.*

*I am really looking forward to next Fall's State Conference where I can learn new skills and make new friends.*

*The Conference ended with Scott and Bonnie's presentation showing beautiful Malaysia where the Associated Country Women of the World will hold their 30<sup>th</sup> Triennial World Conference. Malaysia is a beautiful country and will be a fantastic host for the conference.*

*Velma Bottenberg, Amity FCE*

suggestions. All the suggestions will be kept to look at again next year.

After lots of discussion and voting multiple times, the Theme that was selected by the Board was "**FCE - Honor the Past, Embrace the Future.**"

I am in the process of developing a Conference Flyer with the theme and all of the other needed information. I have some ideas but would like to get suggestion from FCE members. If you have any suggestions, please let me know. **Also, if you would like to submit a design for the Conference Flyer, please let me know and I'll send you the information that needs to be on it.**

Thanks for all you do,

Scott Teeples

[sfteeples@charter.net](mailto:sfteeples@charter.net)

- Note from Lynda, we will be asking for raffle donations and auction items for the 2022 Conference. Maybe the theme will give you some ideas to go along with the theme and make these items something people would like to buy.

### *Remembering our former FCE member Viola Boyer*

*Viola Boyer will be remembered as a sweet lady. Long time member of the Sheridan Study Group. She served as their secretary for many years.*

*Viola was also very active in the Sheridan Museum. She will be missed by many friends.*

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## **Message from FCE State President Scott Teeples**

On December 1, 2021 your Oregon FCE State Board meet, via Zoom, for a short Board Meeting. One item on the agenda was to decide about the Theme for the 2022 Fall Conference. We had 23 great suggestions and it made the process difficult. Thanks to all of those that made those

## **Study Group Activities Yamhill County**

**Amity** had several meetings during the summer. We did the lesson on "Ireland", ZOOM lesson "5 Tools for Communication", "Let's Get Outside" and "Natural Home Remedies". We learned many interesting things and gathered ideas that we can use from all of the lessons.

We worked two days making our annual Christmas Wreaths to sell and to have for ourselves.

We made a total of 30. The money we make is used for buying gift for the tree of giving and to pay the state dues for each member. We have a good time making the wreaths and then Lynda's Husband Jim fixes homemade soup for all of the workers. We have lots of conversation and growing closer friendships.

**Creative Homemakers** taught the lessons on "Medical Cannabis" and "Natural Home Remedies". As a fun day they taught from a lesson that Sally Wyffels' mother has saved from years ago. They had a lot of laughs with that one.

**Sheridan** paid the state dues for each member and they had a "no bake sale" and everyone paid \$20.00. This is a fund raiser that they do every year. They made a donation to \$50.00 to the Sheridan Museum of History in Viola Boyer's name.

They had the lesson on "Natural Home Remedies". A lot of discussion was held and everyone enjoyed the lesson. In December they met with the former Mill Creek Study group for a day of fun. This year it was a shorter time as other things were also taking place.

(It is nice to keep up with former members and see how everyone is doing. Especially as many of our members are getting older and moving to retirement facilities. We need to stay in touch.)

All three groups worked hard on the 2021 FCE State Conference. Many volunteer hours accumulated during this year: checking on neighbors during COVID, shopping for others, taking them to doctor appointments, church, FCE lessons and keeping in touch with our members by phone and cards. What a big family we have and how much better our life is with so many friends that care for one another.

### **Water Water Water**

Arnaldo Liechtenstein, physician, teaches clinical medicine to students in the fourth year of medicine. When the students were asked "What are the causes

of mental confusion in the elderly?" "The students were surprised at the answer. The three most common causes: uncontrolled diabetes; urinary infection and dehydration.

It may sound like a joke, but it isn't. People over 60 constantly stop feeling thirsty and consequently stop drinking fluids. When no one is around to remind them to drink fluids, they quickly dehydrate. Dehydration is severe and affects the entire body. It may cause abrupt mental confusion, a drop in blood pressure, increased heart palpitations, angina (chest pain), coma and even death.

This habit of forgetting to drink fluids begins at age 60, when we have just over 50% of the water we should have in our bodies. People over 60 have a lower water reserve. This is part of the natural aging process.

But there are more complications. Although they are dehydrated, they don't feel like drinking water, because their internal balance mechanisms don't work very well.

\*Conclusion:\*

People over 60 years old dehydrate easily, not only because they have a smaller water supply, but also because they do not feel the lack of water in the body. Although people over 60 may look healthy, the performance of reactions and chemical functions can damage their entire body.

So here are two alerts:

1) \*Get into the habit of drinking liquids\*. Liquids include water, juices, teas, coconut water, milk, soups, and water-rich fruits, such as watermelon, melon, peaches and pineapple; Orange and tangerine also work.

\*The important thing is that, every two hours, you must drink some liquid. Beer and wine don't count!

2) Alert for family members: constantly offer fluids to people over 60. At the same time, observe them. If you realize that they are rejecting liquids and, from one day to the next, they are irritable, breathless or display a lack of attention, these are almost certainly recurrent symptoms of dehydration. So, drink your water!

**Oregon Assoc. Family & Community Education**  
**MPY Tri-Line News**  
**21461 South Hwy 99W**  
**Amity, OR 97101-2239**

## **FCE CALENDER**

### **DECEMBER**

- 21 First Day of Winter
- 24 Christmas Eve
- 25 Christmas Day
- 31 New Year's Eve

### **JANUARY**

- 1 New Year's Day
- 14 Yamhill County Council 9:30  
Sandwich Express  
McMinnville, OR
- 17 Martin Luther King, Jr. Day  
**Destination Oregon**
- 26 Training Yamhill County  
Extension Office 9:30-11:00  
Sally Wyffels/Lynda Nyseth

### **FEBRUARY**

- 4 Deadline articles for MPY &  
Oregon FCE News
- 11 Yamhill County Council 9:30  
Sandwich Express
- 14 Valentine's Day
- 18 Mail newsletters 9:30  
Bethel Community Church  
**Time Management**
- 23 Packet lesson to be picked up

### **MARCH**

- 11 Yamhill County Council 9:30  
Sandwich Express
- 16 Yamhill County Spring Festival  
Amity Fire Station, 9:00 – 3:30  
**Searching for Chocolate**
- 23 Training Yamhill County  
Extension Office 9:30-11:00  
Linda Bird/Sharyl Michael

Oregon Association for Family & Community Education